

COURAGE



VETERANS DAY

NOVEMBER 11, 2016

HONORING ALL WHO SERVED

www.va.gov

UPCOMING EVENTS!

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Resident and Staff

Christmas Party

BLUE MOUND VETERANS VIEW Minnesota Veterans Home—Luverne Fall 2016-October, November, December

Autumn Greetings!

As we continue to move forward at the Minnesota Veterans Home in Luverne, we are continually looking for ways to enhance our services for our residents. I always tell our new staff members at orientation that I am a competitive person and I always want the best for our residents. If someone is doing it better than us today, we want to learn and improve so we are better at it tomorrow.



Two programs that we are excited about bringing into our Home are our Music & Memory Program and the FireFly Dementia Program. These are both exciting opportunities to further develop our current programming and improve the lives of our residents.

The Music & Memory Program revolves around the power of music. The human brain is hard wired to connect music with long-term memories. Personalized music provides a means of communication and self-expression when verbal language abilities are diminished. Even for a person with severe dementia, music can tap deep emotional recall. The program will utilize iPod technology with personalized playlists for each resident. Goals of the program for each resident will be different, but we are hoping to reduce agitation and anxiety, reduce boredom, improve mood and increase socialization.

The FireFly Program involves strength based activity stations that create friendship opportunities for persons with dementia. It is designed to provide pleasure, purpose and peace for persons with dementia or other cognitive impairments. Key elements of the program include: 1) individualized, strength-based stations, 2) in-depth dementia communication coaching for facilitators, and 3) a special focus on skills & stations known to create opportunities not just for activity engagement, but for meaningful friendship connections among persons with dementia.

Both of these programs are going to be great additions and we look forward to seeing the benefits they will provide to our residents now and into the future.

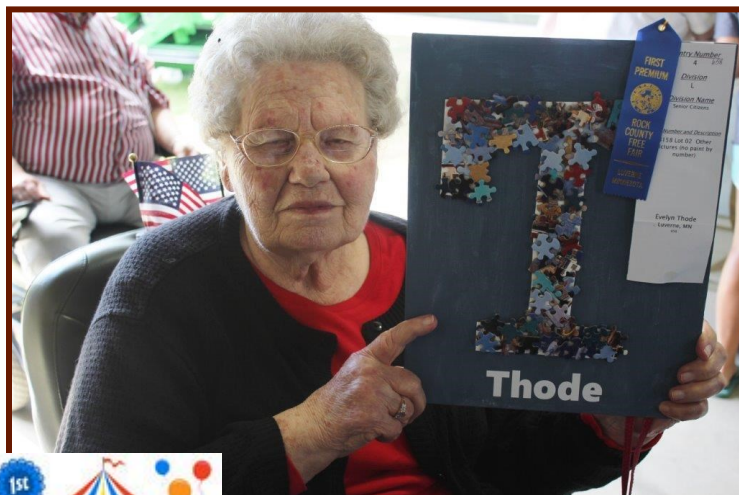
Luke Schryvers, Administrator



Please join us on Friday, November 11, 2016 at 2:30 P.M. for our Veterans Day Program when we will honor those men and women who have worn the uniform of our country. Please join us in saying thank you!



MVH Summer Fun at the Rock County Fair! Congratulations to all our “ribbon winners”!



Allow me to introduce you to.....

by Duane Mabon, Volunteer Services Coordinator

On Friday, November 4, 2016, the Minnesota Veterans Home in Luverne will be hosting their 23rd Annual Pheasant Dinner for residents and invited guests. This dinner is made possible by the combined efforts of the Minnesota Department of the American Legion and Veterans of Foreign Wars. "Pheasant Dinners for Hospitalized Veterans" has become the largest dinner of its kind in America.

This event started in 1941 through the coordinated efforts of the former Minneapolis Star Tribune newspaper columnist, Ed Shave. He received a letter from the Veterans Home in Minneapolis informing him that several hospitalized Veterans enjoyed hunting pheasants but were unable to continue due to declining health. Mr. Shave was asked to help coordinate a Pheasant for Veterans program through which pheasants were donated for dinners to be served to hospitalized Veterans. Both Mr. Shave and Minnesota hunters responded with enthusiasm and passion.

For many years, the National Tea Company (Hopkins, Minnesota) cleaned and processed the hunted pheasants for the dinners that were served at the 14 different VA Hospitals and Veterans Homes located in Minnesota and North and South Dakota. In 1981, the National Tea Company was sold, therefore ending the program where hunted birds were cleaned and processed. Since then, pheasants are farm raised and purchased using donated funds from organizations and individuals.

Minnesota is the only state to sponsor this unique event, which is the largest game feed of its kind. Each year the number of meals served to hospitalized veterans and invited guests continue to rise and the appreciation on the faces of these Veterans and guests makes the entire program worthwhile.

Come & Join us for our Fall Festival!



Saturday, October 15
10:00-11:15 AM

Carnival games, photo booth,
prizes & fun!

Come & vote for your favorite Scarecrow!

We are beginning our 22nd year of our
Adopt-a-Grandparent Program!



Annual Antique Car Show

We had another great showing.
Thank you, participants!



Good Times at the Rodeo!



JOIN US FOR A FESTIVE FALL EVENING AT THE HARVEST MOON BALL



**Sunday, October 30, 2016
Dinner served at 5:30 P.M.**

**Harvest Moon Ball begins
at 6:45 P.M.**

**Music provided by the
Fulda Area Big Band**

**Cost of tickets is \$8.00.
Please RSVP by Tuesday, October 25.**

HOPE NOTES

A DOSE OF HOPE JUST
FOR YOU!



Cease-Fire

We live in a world of war zones. You may be living in one today, whether that be in your family, at work, at school or even at church. You try to get along and you even manage to keep the peace for a bit, but before you know it, something happens and you find yourself at war again. That's a miserable way to live.

There are a million war zones that can keep peace at bay. Circumstances. Worry and anxiety. Financial stress, physical pain, emotional and mental trauma along with relationship conflicts can combine to overwhelm you. It might seem that you're fighting a war on every front and peace is rare and short-lived in your life. War seems to be your normal.

There is a gift waiting for you...a deep peace that you've been longing for in the middle of your war zone. It's a gift from God and it's absolutely free for the asking. Jesus offered you that gift when He said this:

"I am leaving you with a gift - peace of mind and heart. And that peace I give isn't like the peace the world gives." (John 14:27)

You see, the world gives a peace that is dependent on circumstances. For example, if you have enough money to pay your bills, or enough friends to say nice things about you, or enough good health to allow you to live a pain-free life, then you have peace. But as we all know, that kind of peace is only temporary. It doesn't last. Before long, your money runs out, your friends pass away or run away and your health takes a turn for the worse. The world and its cease-fires don't last.

But Jesus' gift of peace is different. It reaches into your mind and deep into your heart where the circumstances of life can't touch it. It comes from the One who came to earth because He loved you and experienced everything that a war-filled world brings; a world filled with pain and hurt, rejection, disease and death. Jesus lived a perfect, sinless life for those of us who never could, and then He asked God to give us peace instead of war. That's a gift you can receive this very minute...a permanent cease-fire and a peace in the depths of your heart that lasts forever.

Peace is a prayer away! You are loved.....Pastor Tom



TRICK OR TREAT!

We would appreciate donations of candy to give out on Halloween! Drop off candy anytime during the month of October.
Thank you!



Annual Fun Day - Sponsored by 2nd District AL/ALA

On behalf of our residents, staff & everyone associated with MVH-L, we would like to say "THANK YOU" to the entire 2nd District AL/ALA for sponsoring the American Legion Fun Day on Tuesday, September 13.

The food, fellowship & weather made it a wonderful day Thanks for all you do!



The American Legion Riders from the New Ulm area came for a visit!





HEALTH WHYS.....

Chris Myers, RN Education Coordinator

For the 2016-2017 season, the CDC recommends use of the injectable flu vaccines (shot), not the nasal spray.

Everyone 6 months and older is recommended for annual flu vaccination with rare exception. Different flu shots are approved for the people of different ages. Flu shots are approved for pregnant women and people with chronic health conditions. If you are allergic to eggs or any ingredients in the vaccine, if you have a history of Guilliar-Barre Syndrome (a severe paralyzing illness) or if you are not feeling well, you should talk to your doctor before getting a flu shot. You should not get a flu shot if you are younger than 6 months old or have

severe, life threatening allergies to the flu vaccine or any ingredients in the vaccine.

The single best way to prevent seasonal flu is to get vaccinated each year but good health habits like covering your cough and cleaning your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

Other things you can do is avoid close contact with sick people, stay home if you are sick, cover your cough or sneeze, and clean and disinfect frequently touched surfaces.

As always, it's good to get plenty of sleep, be physically active, manage your stress, drink plenty of water and eat nutritious food.



Thank you to the Worthington Elks Lodge for providing tickets to see "The Lennon Sisters" at the Grand Falls Casino in Larchwood!

Minnesota Veterans Home—Luverne
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HOLIDAY ROOM RESERVATIONS & MEALS

We welcome you to eat with your loved one, especially during the holidays! Reservations for Thanksgiving Day need to be made by Friday, November 18 and for Christmas Eve supper and Christmas Day dinner by Friday, December 16. GROUPS OF 8 OR MORE are asked to cater in their own food.

The cost of a holiday meal ticket is \$8.00.

Due to limited space for family gatherings during the holidays, rooms can be reserved from 11:00 A.M. to 3:00 P.M. and from 3:00 P.M. to 7:00 P.M. Rooms that can be reserved include the Red Wing Lounge, Room 113 and the downstairs meeting room. Reservations can be made through the administration office or you can call (507) 283-6200 during office hours (7:30 – 4:00).

HAPPY HOLIDAYS from the residents & staff from MVH-L!

Please join us for a fun-filled day
of Christmas decorating on
Tuesday, November 29
from 9:30 AM to 3:00 PM

Lunch will be provided!

Contact the recreation
department if you can help.

